

FAST for CHANGE



PRAYERS OF INTERCESSION

Prayers of the People

Restorative God, we thank you for foods of comfort,
foods that tell the story of who we are and where we have come from;
food that we share with our ancestors and kin.
May these foods and stories nourish us when we are starving for justice...
when we are starving for a sense of belonging and community...
when the journey seems too far and too long and we starve for respite and relief...
Be like fried dumplin', stew peas, and sadza to us.
Restore our souls.

Refrain ("Ameni," *More Voices* 219)

Resourceful God, we thank you for the gift of abundance;
and for the ability to see something in what others see as nothing.
Just as our ancestors turned table crumbs into main dishes,
help us to turn our fears into moments of great courage...
our weakness into signs of Your strength...
and our despair into places for Your hope.
We trust in Your promise of abundance.
Give us the imagination of our ancestors to transform and challenge
those who would count us as last and least.

Refrain

Satisfying God,
our bellies are full with your love, grace, and abundance.
Yet we are still hungry for justice.
Restore us. Satisfy us. Feed us. Sustain us.
As You have in our past,
as You are in our present,
as You will in our future.
Amen.

— from *Gathering at the Table: A Worship Resource for African Canadian Heritage Month*, prepared by members of *The Journeys of Black Peoples in The United Church of Canada*, Toronto cluster, and available on the website of the **United Church of Canada**. <http://www.united-church.ca/>

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